



## Parmesan Fettuccine Alfredo

READY IN



15 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 Tbsp butter melted
- 0.5 lb fettuccine barilla uncooked
- 1 clove garlic minced
- 1 dash ground nutmeg
- 0.8 cup polly-o parmesan cheese shredded
- 0.3 cup whipping cream

### Equipment

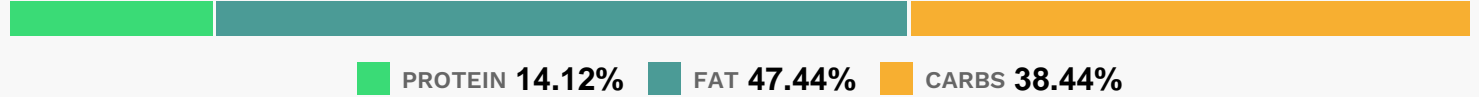
- frying pan

sauce pan

## Directions

- Cook fettuccine in large saucepan as directed on package, omitting salt.
- Drain fettuccine. Return to pan.
- Add remaining ingredients; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:17.24, Inflammation Score:-6, Nutrition Score:12.107826045026%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 436.58kcal (21.83%), Fat: 23.07g (35.49%), Saturated Fat: 10.13g (63.29%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 40.1g (14.58%), Sugar: 1.87g (2.08%), Cholesterol: 82.79mg (27.6%), Sodium: 416.82mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.9%), Selenium: 49.6µg (70.86%), Phosphorus: 282.37mg (28.24%), Calcium: 259.9mg (25.99%), Manganese: 0.51mg (25.43%), Vitamin A: 849.05IU (16.98%), Zinc: 1.67mg (11.11%), Magnesium: 43.48mg (10.87%), Vitamin B2: 0.16mg (9.14%), Copper: 0.18mg (9.07%), Vitamin B6: 0.16mg (7.86%), Fiber: 1.94g (7.76%), Vitamin B1: 0.11mg (7.41%), Vitamin B12: 0.43µg (7.19%), Iron: 1.27mg (7.06%), Vitamin B5: 0.67mg (6.66%), Vitamin B3: 1.27mg (6.33%), Potassium: 182.73mg (5.22%), Vitamin E: 0.76mg (5.06%), Folate: 18.87µg (4.72%), Vitamin D: 0.58µg (3.87%), Vitamin K: 1.25µg (1.19%)